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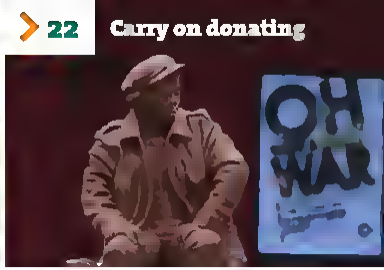

thenewhammag
issue 289 / 6 – 20 December 2013

Radical Sports

Olympian Mark Hunter celebrates Newham's Every Child a Sports Person (p10)

Newham London

Starting school

If your child will have their 5th birthday between 1 September 2014 and 31 August 2015 you need to apply for a reception class place now.

The deadline for a reception class place for September 2014 is **15 January 2014**. If you miss this date you will have less chance of getting the school that you prefer. Pick up a copy of the autumn 2013 edition of the Starting School guide from any Newham Council operated nursery, infant or primary school.

Apply online, to apply on time.

www.eadmissions.org.uk

For more information visit **www.newham.gov.uk/schooladmissions**

the newham mag

Look out for the next issue from 20 December 2013

contents

for December 2013 // issue 289

Newham is home to the largest regeneration schemes in Europe On page 16 we find out how the Olympic Stadium in Queen Elizabeth Olympic Park is being transformed and on page 9 we find out about the £150m that Newham is investing in schools

But regeneration is not just about buildings We are investing in people too On page 19 Terry Crosby tells us how Newham's new housing policy has helped him get a home and on page 10 we find out how the 2012 sporting legacy is being brought to life

Finally don t miss the interview with Barbara Windsor who speaks about the inspirational influence of Joan Littlewood (p22)

Councillor Conor McAuley

Executive member for regeneration and strategic planning

To request a large print version of the Newham Mag call 020 3373 1517 or email newham.mag@newham.gov.uk

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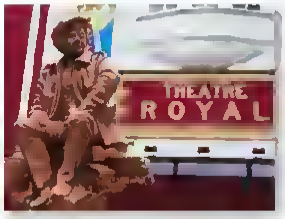

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Newham London

Find us online at www.newham.gov.uk/mag For information on all Newham Council services visit www.newham.gov.uk

Councils to share services
Newham and Havering Councils have agreed to share support services from April 2014 in a bid to save more than £40 million over the next five years

The move is London's biggest cross-borough operation It will share 21 back office services such as accountants, human resources staff and lawyers and will help protect frontline services to the public

It is expected that the savings will be reached by reducing senior management costs, reducing duplication of services and cutting bureaucracy

Warning to letting agents
Newham Council has sent a directive to letting agents on how it expects them to operate

The council requires agents to provide tenants with a copy of the property licence, register all deposits in an approved tenancy deposit scheme, return all deposits without illegal deductions, provide accurate information to landlords and tenants and join trade bodies such as the Property Ombudsman s scheme

Trading Standards officers will be visiting to ensure compliance with the standards To report a disreputable letting agency in Newham email **trading.standards@newham.gov.uk** or call 020 3373 9937 For advice on choosing a reputable agency visit **www.newham.gov.uk/MyHomeinNewham**

New bridge to station
Due to Crossrail engineering work residents wanting to get in and out of Custom House Station must now use a new temporary bridge that has been built across Victoria Dock Road It is accessed by stairs and a lift

The existing footbridge over the Docklands Light Railway, opposite the taxi office, has closed If you have queries regarding the new station entrance call Crossrail on **0345 602 3813.**

Ready to combat the big chill

Cllr Corbett checks the salt supply

Newham Council is ready to keep roads as clear and as safe as possible should frost, ice and snow arrive in the weeks ahead

Once temperatures begin to plummet, the council's winter maintenance plan kicks in to help keep Newham moving The council has sufficient salt and four gritters that can be fitted with snow ploughs are ready for action on Newham's network of roads More gritters are available to work on the A13

Roads are pre-treated with salt on a priority basis, starting with bus routes, main roads with heavy traffic and rubbish collection routes Priority for clearing footways is where injuries are more likely to occur like town centres and outside schools and GP surgeries

Councillor Ian Corbett, executive member for infrastructure and environment, said "We are as prepared as we can be to ensure we are ready to face whatever winter brings." Go to **www.newham.gov.uk/grit** to see the winter plan.

Christmas shop and park for free

Shopping will be easier this year with residents allowed to park for free at five Newham Council car parks on four days in the lead up to Christmas

Free parking will be available in December on Friday 13, Monday 16, Friday 20 and Monday 23 at St John's Road East and West car parks and Madge Gill Way car park, all East Ham, and Shaftesbury Road and Queens Market car parks in Upton Park.

Motorists must park legally within bay markings. If parked in a disabled bay they must display a valid Blue Badge. Failure to comply will result in a penalty charge notice

Councillor Ian Corbett, executive member for infrastructure and environment, said. "We want to support businesses by encouraging residents to shop locally in the lead up to Christmas."

News

Fly-tippers hit in the pocket

This is the shameful reality of fly-tipping – a seven-foot high heap of boxes and bric-a-brac dumped on a Canning Town street.

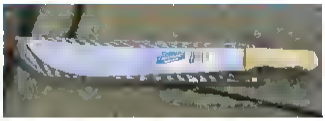
The people responsible were fined £400 and also made to pay £150 costs and £40 Victim Surcharge. It was just one of 57 cases brought by Newham Council and heard in just one day at Thames Magistrates' Court.

The council received about £20,000 in total from fines and costs. They included two fly-tipping cases where fines totalled £982, two public urination cases with fines totalling £850, and 39 cases of littering where fines totalled £14,430.

Cllr Unmesh Desai, executive member for crime and anti-social behaviour, said: "Waste dumped in gardens, fly-tipping, littering, public urination – these aren't trivial offences and aren't acceptable. We won't stand for it."

For information on free bulky household waste collections visit **www.newham.gov.uk/bulkywaste**

Machete seized in swoops



A terrifying 12-inch machete along with three knives and a CS gas canister was seized by Newham Council's enforcement officers as part of the council's borough-wide regular rolling Operation Ohio crackdown on crime and anti-social behaviour.

November's swoops took place in Canning Town and Custom House. The machete was found in an intelligence led raid on an unlocked garage. Two cars were clamped for not having an excise licence and a notice served after a sofa was found dumped in a back garden.

Fixed penalty notices were also issued for three motorists not wearing a seatbelt, one for no insurance and another for speeding.

Councillor Unmesh Desai, executive member for crime and anti-social behaviour, said: "Residents say tackling crime is a priority. We are listening and responding."

For information about dealing with anti-social behaviour and nuisance visit **www.newham.gov.uk/asb**

Young artists show talent

Mayor Sir Robin Wales and Newham councillors helped children get into the spirit of Christmas by presenting prizes for their works of art.

The Mayor visited The Gate Library in Forest Gate to meet young members of the Skills Rethink project's family arts club. The project's Christmas party was supported by Newham Council's Let's Get the Party Started programme.

Skills Rethink work with the library, schools and community centres. The arts club encourages children to come together to learn new skills while having fun. The group created Christmas cards, posters and hats. The Mayor chose winners and gave out prizes.

Sir Robin said: "Holding a community event is the perfect way to bring people together and the council can support residents and organisations in doing so. I enjoyed the Christmas art the young people created."

For details of Let's Get the Party Started grants call 020 3373 6019 or visit **www.newham.gov.uk/party**

Switching on to Christmas

I always enjoy helping to switch on the Christmas lights across the borough. At East Ham, the first of the lighting up ceremonies, it was a pleasure to see them being celebrated by residents from our diverse community who value and enjoy the festive spirit they bring.

Children especially love Christmas lights and Christmas trees. More than 120 of them from Nelson, Brampton, Vicarage and Hartley primary schools took part in a lantern procession before the switch on by pupil Iqra Ali from Hartley School.

I want our Christmas events to continue to bring a huge smile to all our residents. It's a time for us all to come together and celebrate and enjoy each other's company.

Christmas is also a very important time for our retailers and I urge you to use the shops here on our doorstep. That's why on certain days we are offering free parking at five of our car parks to encourage us all to shop local.

Switching on the lights in East Ham

A view we cannot share

Newham and Havering Councils have agreed to share support services from April 2014 in a bid to save more than £40 million over the next five years. It's a decision that hasn't gone done well with one independent councillor in Havering, who doesn't see how staff at two such diverse councils can work together.

We will not let the stupid remarks of this individual prevent the two councils from sharing back office services such as accountants, human resources staff and lawyers. By reducing costs and making savings both councils can protect the frontline services residents say are important. His despicable comments are beneath contempt and I am pleased the leader of Havering has reported him to that council's Standards Board.

Not only is what the councillor said inaccurate and offensive but it is a potential threat to community cohesion. I am proud of our borough, our residents and staff at the council. The councillor involved owes us all a full, unequivocal and public apology for the offence he has so clearly caused.

Preparing to share services with Havering Council leader Michael White

Mayor's view

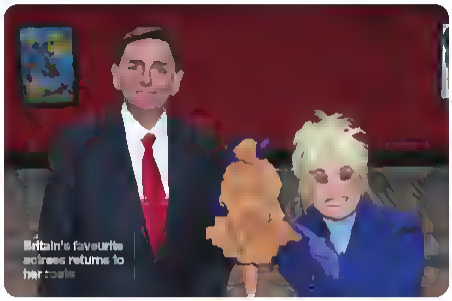
Every child does matter

I have always promised to do all I can to enhance the future life chances of our youngest residents. That is why Newham's Every Child programme is so important in my book and represents money well spent.

Newham's Every Child a Musician scheme is the largest and most successful free musical programme in the country, providing free lessons and free instruments to more than 10,000 children across 73 schools. This week it celebrated its third birthday and a cake was the order of the day.

There was also an impressive performance at our Newham Dockside offices by some of the youngsters who are benefiting. It was pleasing to see how their musical skills have developed. It also let us say a massive thank you to the tutors, parents and staff at schools who are making the scheme such a fantastic success.

> "The Games were won on the promise to inspire a generation and encourage more people into sport"



Britain's favourite actress returns to her roots

Newham's Every Child a Theatre Goer programme also received a glowing endorsement from no less a star than Barbara Windsor. "I think it is terrific – it's so important," she enthused when we met at Theatre Royal Stratford East to launch an appeal to fund a sculpture for legendary director Joan Littlewood.

The theatre is partnering with the council to enable young people in our primary and secondary schools to see a show, which will really expand their artistic horizons. As Barbara put it: "Going to the theatre once a week was a big treat for an East End girl."

And as if that wasn't enough former Olympic gold medallist Mark Hunter helped us celebrate the success of Newham's Every Child a Sports Person, which is giving 4,500 children aged 11 and 12 the opportunity to try from a range of more than 20 different and exhilarating sports that are not usually part of the school curriculum.

Shooting for success with Mark Hunter

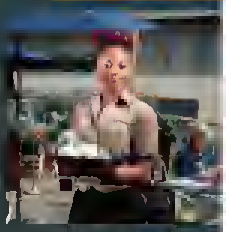
Sport can inspire young people to live a healthy, more active way of life that will help them achieve their potential. And if it helps us find some sporting champions of the future, all the better.

with Sir Robin Wales

NEWHAM COLLEGE LONDON

MEET YOUR FUTURE:

NEW YEAR, NEW YOU



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- BUSINESS MANAGEMENT
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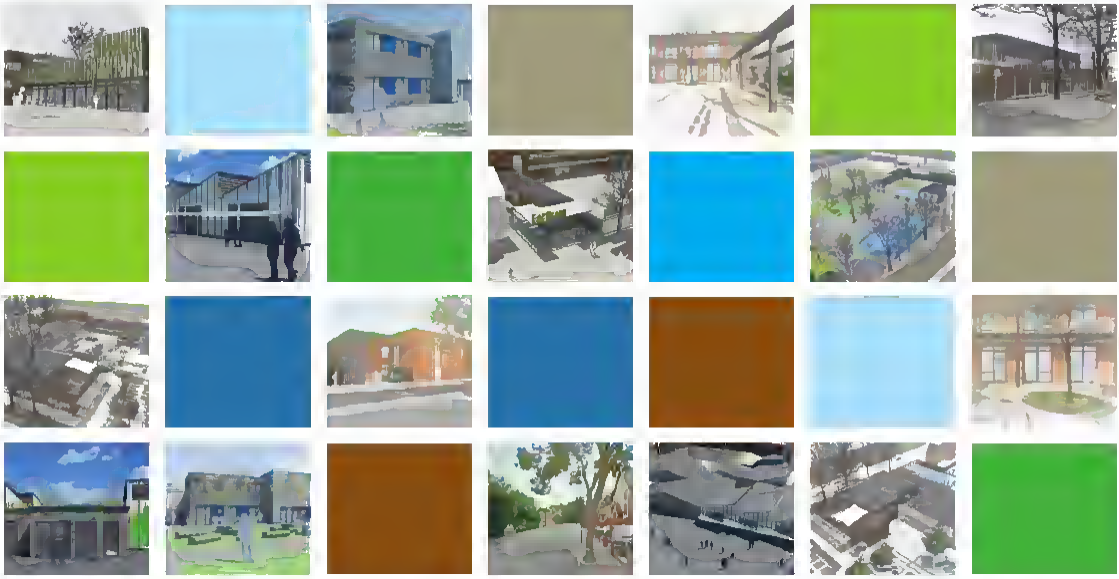


A vision for the future

Nine Newham primary schools are being redeveloped to create almost 2,000 additional school places for children.

Approximately £36m is being spent by Newham Council to develop the schools, financed primarily by a grant from the Department for Education and the schools themselves.

The expansion projects are giving the schools extra capacity and improved facilities. With the increased number of pupils in the nine schools, there will be additional roles for more than 120 full and part-time staff.

Some of the work is already in progress or will start in the New Year. It includes:

- **North Beckton Primary School, E6 – a new building, 12 new classrooms, improved play areas. Capacity for 210 additional pupils**
- **Earlham Primary School, E7 – new school hall, two new classrooms, extended kitchen. Capacity for an additional 105 pupils**
- **Godwin Junior School, E7 – a new two storey building, new classrooms, a new school hall. Capacity for 210 additional pupils**
- **Woodgrange Infant School, E7 – four new classrooms, new office space. Capacity for an additional 90 pupils**
- **St Stephen's School, E6 – a new two-storey block with seven new classrooms, support accommodation, a roof terrace, dining hall extension, a new creche. Capacity for 210 additional pupils**
- **Kensington Primary School, E12 – nine new classrooms, a new hall. Capacity for 210 additional pupils**
- **Central Park Primary School, E6 – eight new classrooms, outdoor teaching and learning spaces. Capacity for an additional 210 pupils**
- **Hartley Primary School, E6 – replacement of kitchen and dining facilities. Capacity for 210 additional pupils**
- **Roman Road Primary School, E6 – a new facility for two-year-olds, a new hall, entrance block and a two-storey wing which will house reception classrooms and a library. Capacity for an additional 420 pupils**

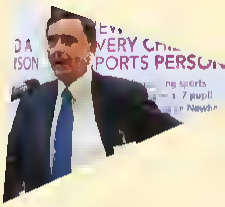
Overall, the expansion programme will see £150m spent on helping to create an additional 10,000 primary school places in total by April 2015.

Councillor Conor McAuley, executive member for regeneration and strategic planning, said: "With the rise in Newham's birth rate in recent years, and one of the largest regeneration programmes in Europe, the increase in demand for primary school places is unprecedented. The Primary School Expansion Programme is relieving that pressure."

Councillor Quintin Peppiatt, executive member for children and young people, said: "We are committed to providing an excellent learning environment. The pupil expansion programme will enable us to continue to meet the growing and diverse needs of Newham's young population."

A sporting chance

Last year Newham played host to the world's biggest event - the 2012 Games. Part of the promise of the Games was to inspire a generation and ensure a sporting legacy for residents of Newham. With the launch of Newham's Every Child a Sports Person another part of the legacy becomes a reality.



Mayor Sir Robin Wales and former Olympic rowing champion Mark Hunter were on hand to celebrate the scheme at Forest Gate Community School, E7 and meet pupils who were taking part in archery, futsal, capoeira, cheerleading and BMX riding as part of Newham's Every Child a Sports Person scheme.

The project aims to put sport at the heart of the Olympic borough, to encourage a generation to become more physically active, fitter and healthier. Evidence shows that moderate exercise two to three times a week reduces the chance of death from all causes by nearly 30 per cent.

Newham's Every Child a Sports Person aims to support children in Newham to take up sport and develop a passion for it that will stay with them for the rest of their lives.

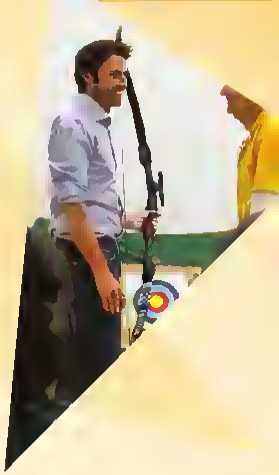
The scheme will give 4,500 children aged between 11 and 12, the opportunity to try from a range of more than 20 different and exhilarating sports that are not usually part of the school curriculum. This programme really is aiming to change lives for the better.

Mark Hunter, former Olympic rowing champion said: "Giving children the chance to try everything is great. No one knows what they could be good at. I believe that every child is good at something but it's about being given the opportunity to try and that's why I think this programme is brilliant. You can't put a price on what sport can offer to a child and how that can change their lives."

Simon Elliott, head teacher of Forest Gate School, said: "I believe that sport can help people to become successful in life. It gives young people discipline and allows them to gain self confidence."

Ian Mitchell, managing director of activeNewham, said: "activeNewham is delighted to be helping more than 4,500 young people try out a wide range of new sports and link them with local sports clubs."

David Cosford, director of sport for the University of East London, said: "As the largest community sports venue in Newham, SportsDock is looking forward to welcoming all pupils to try sport and keep the Olympic legacy alive."



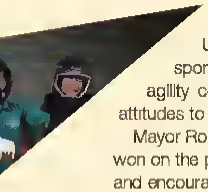
"You can't put a price on what sport can offer to a child and how that can change their lives."

Newham's Every Child a Sports Person is being managed for the council by activeNewham and the University of East London (UEL). It will initially be rolled out to all Year 7 children across Newham's 17 secondary schools and then at their respective clubs.

Local sports clubs are central to the programme and have been enlisted to develop and deliver tailored sessions for the pupils, which will take place at their individual schools.

As part of the programme, UEL will research the effect of sport on children, including speed, agility, coordination, strength and their attitudes to sport.

Mayor Robin Wales said: "The Games were won on the promise to inspire a generation and encourage more people into sport. We're doing our bit to fulfil that promise with Newham's Every Child a Sports Person programme."



What the children think:

"Today I tried cheerleading and archery. I thought cheerleading was for girls but it's a mixed agenda sport with lots of carrying and lifting. We did some forward rolls at the end. I liked the acrobatic element of it." ***Rajan Bagaria***

"Shooting arrows is fun. We'd like to do more archery. Cheerleading was fun too. It was our first time trying it out. You do different things and everyone has different roles."
Anisa Hussain and Gabriele Maciulyte

What the clubs say:

"We've had about 120 children have a go at archery. The response has been fantastic, children love it and are always wowed. The best thing about this sport is mum can do it with the children, dad, nan and granddad, so everyone can get involved."
Alan Johnson, chairman of Newham Archers

For more information on Newham's Every Child a Sports Person visit www.activenewham.org.uk/enterprise/NECASP

THE LONDON LEGACY DEVELOPMENT CORPORATION LOCAL PLAN

SETTING THE DIRECTION FOR CHANGE IN YOUR AREA

Jobs? Homes? Rivers? Schools? Parks? Communities?

Bromley-by-Bow, Hackney Wick, Fish Island, Stratford

Have your say

Community consultation 2 December 2013 – 7 February 2014

Let us know what you think about the draft Local Plan consultation document and what it means for where you live or work
Pick up one of our leaflets, visit our website, or attend one of our community consultation events.

Session 1	Session 2	Session 3
TUESDAY 21 JANUARY 2014, 6:30PM	THURSDAY 23 JANUARY 2014, 6:30PM	TUESDAY 4 FEBRUARY 2014, 6:30PM
Stratford Circus, Theatre Square, Stratford, London, E15 1BX	Gainsborough Community Primary School, Berkshire Road, London, E9 5ND	The House Mill, Three Mill Lane, Bromley-by-Bow, London, E3 3DU

LONDON LEGACY DEVELOPMENT CORPORATION

www.londonlegacy.co.uk

Fabulous offers for Christmas

Christmas Claytime

Following the smashing, sold-out success of *The House Where Winter Lives*, Discover Children's Story Centre in Stratford is presenting *Christmas Claytime*.

Children are invited to enter a winter wonderland of the snow and clay workshop, where they will find a very mischevious Steve playing funny tricks on his playmate Sally. As they play with the snowy clay, children can tell Sally their fantastic story ideas and she will make them while Steve acts them out for all to see. Then it will be the turn of the audience to help them build a snowman, a Christmas pudding, a reindeer – anything can be made out of this magical snow.

To be in with the chance of winning a family ticket for four (worth £28) answer this question: ***Where does Santa live?***

a. Stratford
b. Canning Town
c. The North Pole

Email your answer, name, address and telephone number to **newham.mag@newham.gov.uk** or send it to *The Newham Mag*, Newham Dockside, 1000 Dockside Road, London, E16 2QU by Monday 16 December

Christmas Claytime
30 November – 5 January
Discover Children's Story Centre,
383-387 High Street, Stratford, E15
To book call 020 8536 5555
Mon – Fri 10am – 5pm.

Lee Valley gift vouchers

The Newham Mag Mag is giving away a gift voucher for a one hour taster session at Lee Valley VeloPark which includes all safety equipment and bike hire, plus gift voucher for a White Water Adventure, which again includes all safety equipment. The vouchers can be used from March 2014

Lee Valley VeloPark vouchers are the perfect Christmas present for any keen cyclist – letting them ride at the venue where Sir Chris Hoy and Dame Sarah Storey made history. Gift vouchers start from £15. You can choose from the London 2012 velodrome, mountain bike trails, road circuit or the Olympic BMX track. They are available online from **www.visitleevalley.org.uk/velopark**

Forget dreaming about a white Christmas, it's all about the white wafer Adrenalin pumping gift vouchers for a White Water Rafting Adventure cost £55 and are available online from **www.gowhitewater.co.uk**

To be in with a chance of winning either of the vouchers enter your details at **www.visitleevalley.org.uk/competition** and answer the question ***how many different cycling disciplines will you be able to experience at Lee Valley VeloPark?***

Claytime with Steve and Sally

Christmas advice

Christmas can be a costly time of year and we all want it to go smoothly. Here are some tips about your rights and suggestions to help.

Budgeting for Christmas

Be realistic about your budget. Christmas can prove costly, but it doesn't have to. With some savvy planning, you can avoid a money hangover in January. Work out what you can afford to spend at Christmas, and stick to your budget. Use last year's spending as a template. Work out the big expenses first, including presents, food and drinks. Draw up a Christmas shopping list and if you can't afford everything try to make cuts rather than over-spending or borrowing.

Buying online

In most cases when you shop online you have the right to cancel your order and receive a full refund, even if you don't like the goods or have simply changed your mind. You normally have seven days to cancel a contract from the day after you receive your goods. Print or save details of your order, including the trader's name, address, contact details, order reference number and product descriptions, so that if there is a problem you know where to return it.

Product safety

Be safe this Christmas. Whether you are buying Christmas lights, electrical goods or children's toys, make sure your purchases have a CE mark, which means that it conforms to European standards. Ensure electrical devices have a three pin plug, instructions and that anything you buy is suitable for the age of the person you are buying for.

Fakes

Don't be tempted by fakes. Counterfeit goods may appear to be a bargain, but they rarely are. The quality is often poor and you may be supporting organised crime.

Charity collectors

Although most charity collectors are genuine, it doesn't hurt to check. After all, you want to know that your donations are going to the right place. Check details on the Charity Commission's website **www.charitycommission.gov.uk**. If in doubt, make donations directly.

Energy meter keys

Only use official locations to top up your electricity meter keys. Criminals are cloning meter keys. Electricity companies can trace when fake keys have been used and you will have to pay again for any electricity you have used illegally.

Use your credit card

If any of your Christmas purchases cost more than £100, it may be worth paying, even in part, with a credit card. That way they are covered by your credit card company and you can get compensation if things go wrong.

Christmas loans

Try not to borrow money, but if you do, don't borrow money from unregulated loan sharks to pay for Christmas. Only borrow from reputable lenders and check you can afford to make the repayments which might go on for years and could cost a small fortune.

Call out charges

If you need repairs to a boiler, electrics or plumbing, make sure that all contract terms for any work are clear and precise. A trader must make any call out or minimum charge known to you before coming out. Work must not be started without your consent, and if additional work or parts are needed, you should be notified and give permission before it is done.

Doorstep selling

Make sure you know your rights when people call at your door. Legislation applies where any goods or services (with some exceptions) that cost more than £35 are supplied at your home, place of work, or another individual's home. You are entitled to a seven day cooling off period for cancellations.

Unwanted Gifts

Shops are not legally obliged to accept returns unless they were faulty when they were bought, not as described or not fit for purpose. If an unwanted present does not fit you or you don't like it, you have no automatic right to return it. However, many shops have their own returns policy, particularly when it comes to Christmas gifts, so you may find the shop is willing to refund or exchange your unwanted item. This does not impact on your legal rights under the Sale of Goods Act.

For more information on Trading Standards call 020 3373 9937 or visit www.newham.gov.uk/tradingstandards or call the Citizens Advice consumer helpline on 08454 04 05 06.

Making light work of Stadium conversion

Newham's skyline will see a dramatic change in the weeks ahead now that work on dismantling the 14 iconic triangular floodlights on the roof of the Olympic Stadium has begun.

The lighting towers, which together weigh 500 tonnes, are being removed so a new roof – twice the size of the original – can be built. It will be the longest cantilevered roof in the world and will cover every seat in the Stadium.

The track on which athletes Usain Bolt and Mo Farah won their medals in 2012 has been covered by a deep mat of recycled concrete in order to avoid damage from the cranes required to construct the roof. Once work is complete a new pitch will be laid.

Newham Council is investing £40 million to ensure a lasting community, sporting and cultural legacy for the Stadium in Queen Elizabeth Olympic Park and the removal of the lights is an important milestone in transforming it into a year-round multi-use venue.

Once the roof is in place new floodlights that retain the look of the iconic triangular design made famous during the 2012 Olympic Games will be installed. These will incorporate the existing lighting system. The steel from the roof and frames will be recycled for construction.

Work will be completed in Spring 2015 ahead of five Rugby World Cup matches taking place in the Olympic Stadium later that year and West Ham United moving in a year later. The Stadium will also become the new national competition stadium for athletics in the UK.

Mayor Sir Robin Wales said: "This is an important milestone in transforming the Olympic Stadium into one of London and the nation's premier destination venues and a home for sport and entertainment for years to come. Newham is committed to ensuring a lasting legacy for the Stadium that will enable us to support residents into jobs in such an inspirational place, provide tickets to big events as a reward for those who put something back into our community, and fire the ambition of our young people to take up sport."

Newham residents will benefit from ten exclusive mass participation events in the Olympic Stadium each year, millions of tickets to West Ham United matches and other events held there, and year round access to the neighbouring 400m Community Track and Clubhouse. There will also be a training and education centre in the Olympic Stadium and the majority of new jobs created on the site are expected to be filled by Newham residents.

[illegible] for the stadium

Removing the first tower

The iconic floodlights are coming down

Each of the 14 floodlight towers contains, on average, 35 lamps and is being removed by construction firms Balfour Beatty and Pfeifer using a team of around 20 abseilers

Temporary cables have been strung across the field of play linking opposite towers to form a "spider's web" that maintains the stability of the towers as the existing cables are disconnected.

With the cable net installed, the floodlights are being removed in pairs. Each pair of lighting towers will be lifted and lowered to the ground using crawler cranes with a 600 tonnes lifting capacity. The lights will then removed and re-used on the new roof

Balfour Project Director Stuart Fraser said: "Technically, it is an enormous challenge. The lighting panels are starting to come down now and the roof is going to be taken down over the next four months."

Apprentice is hired

Apprentice Qasim, [illegible], with Newham Council chief executive Kim Bromley-Davey

More than 60 apprentices have helped to transform Queen Elizabeth Olympic Park so far – the highest number of apprentices on a single site in London in 2013. Of those, 95 per cent have been from the local area.

One is Qasim Hussain, 23, an electrical apprentice from Forest Gate, who met Hammers' stars Kevin Nolan, Joe Cole, Mark Noble and Mo Diame when they visited the Stadium to see work in progress.

Qasim, a former pupil at Plaistow's Lister School, works for Marcoe Electrical Ltd and is helping to transform the Aquatics Centre. He was helped into his job by Newham Council's employment service Workplace.

He said: "It is an honour to be working on one of the iconic venues of the 2012 Games. I can't wait to be able to show people my handiwork. I am grateful to Workplace for getting me the opportunity. I would urge anyone looking for a job to get along there."

To find out more about Workplace call 020 8430 4331/020 8430 6600 or visit www.newhamworkplace.co.uk

Newham London

Bulky waste disposal in Newham

Newhom Council offers o free bulky woste collection for residents.

Incorrectly disposed bulky woste con leod to o £110 penolty notice.

Non-payment of fixed penalty notices will lead to prosecution and a fine.

To book a collection or for more information visit:
www.newham.gov.uk/bulkywaste

Looking for an opening into the world of floristry?

FREE* Introduction to Basic Floristry
2 days a week for 6 weeks
STARTING **Thursday 9 January 2014**

Suitable for complete beginners and for those who have an artistic flair and a love of flowers. This course is an introduction into various designs and techniques used in commercial floristry.

There are no entry requirements and NO TUITION FEES to pay

**Registration fee of £48 applies*

All fresh materials included

For further details and to apply ring Admissions on **08456 122122** or email **enquiries@capel.ac.uk**

Capel Manor College
Bullsmoor Lane, Enfield, Middlesex, EN1 4RQ
London E8 6ER | 020 8257 4495 | www.capel.ac.uk

Apprenticeships | Landex | LANTRA AWARDS APPROVED | LSIS BEACON | Traineeships

Stratford Christmas Market

www.newham.gov.uk/christmas

Come along to grab yourself a festive bargain!
The Grove, Stratford, E15 (Opposite Morrisons supermarket)
5 8, 12 15, 19 22 December, 9am-6pm

@newhamlondon /newhamcouncil

England's coming home

Terry Crosby is one of the first soldiers to benefit from the priority given to members of the armed services under Newham's new housing allocations policy. He moved in to his new home in May.

Terry grew up in East Ham and went to Langdon School. He says it was a nice area and a close knit community.

In 1975 he joined the Army at the Forest Gate recruiting office. Terry says: "My father was in the armed forces. His father was in the armed forces. It's just one of those things that follows on I suppose. I just wanted a bit of adventure."

"A lot struggle because it's hard to re-integrate back into civilian life after being in the military."

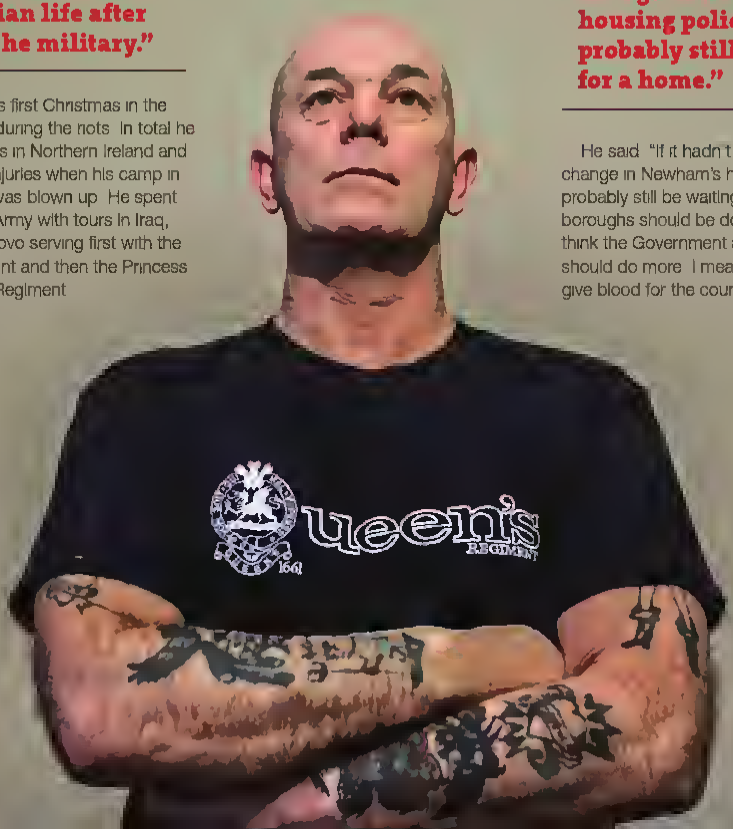
Terry spent his first Christmas in the Army in Belfast during the riots. In total he spent three years in Northern Ireland and suffered some injuries when his camp in South Armagh was blown up. He spent 29 years in the Army with tours in Iraq, Bosnia and Kosovo serving first with the Queen's Regiment and then the Princess of Wales Royal Regiment.

When Terry left he wanted to move back to where he grew up. He now works with a housing company but he struggled to find somewhere to live. He said: "I was always under the impression that the Government had a covenant to help the armed forces. Sadly the British Government don't."

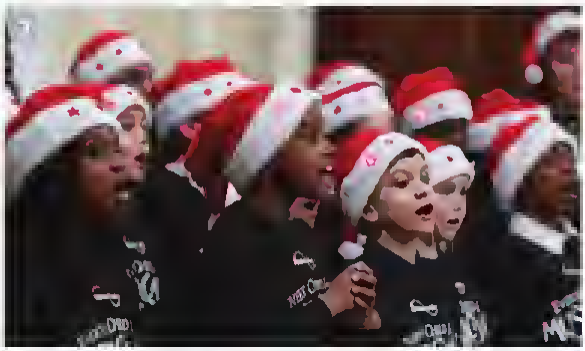
Terry is also concerned about other members of the armed services. He says: "Anybody who has been in live conflict will suffer from some form of post-traumatic stress disorder (PTSD). I have flashbacks. I have nightmares. The trouble is that some people find it hard to deal with. They are the people that end up homeless and suffer. More than 12 per cent of the homeless are actually ex-soldiers. A lot struggle because it's hard to re-integrate back into civilian life after being in the military. It's a completely different way of life."

"If it hadn't been for the change in Newham's housing policy I'd probably still be waiting for a home."

He said: "If it hadn't been for the change in Newham's housing policy I'd probably still be waiting for a home. All boroughs should be doing the same. I think the Government and other councils should do more. I mean, the armed forces give blood for the country."



Newham in pictures



1 Party on – everyone has a great time at the East Ham Christmas lights switch on **2** Jingle bells – shoppers get the Christmas spirit at Westfield **3** Newham's Every Child a Musician performing Christmas Carols at the Christmas light switch on at the Old Town Hall, Stratford **4** Newham's Every Child a Musician celebrates its third birthday **5** Let it snow, let it snow, let it snow, a little bit of winter wonder comes to Meridian Square, Stratford

Barbara's call to carry on donating

"I think it is terrific," enthuses Barbara Windsor, the world's best known East Ender. "It's so important."

The legendary actress is sitting in Theatre Royal Stratford East (TRSE). She is describing the theatre's partnership with Newham Council, which is delivering the pioneering Newham's Every Child a Theatre Goer programme. This enables children from Newham primary and secondary schools to see a show designed especially to develop their learning experience and interests.

Barbara adds: 'It was so much part of my life when I was a little girl. Going to the theatre once a week was a big treat for an East End girl."

> "She was the most amazing person and I feel still very much connected to Stratford and Newham as a result."

Her career changed when she met another legend of the theatre, Joan Littlewood. Joan, who died in 2002 aged 87, founded Theatre Workshop, a collective that toured shows aimed at working-class audiences. Founded in 1945 it moved to TRSE in 1953.

Barbara, now 76, joined the workshop in her early 20s. Giving one of her giggles, she said: "I got this 'phone call to do an audition. I arrived at 9.30am sharp at the theatre – I always liked to be on time. There was this lady on the door and I started talking to her. I thought she was the cleaner. Next thing I know we went inside and she started auditioning me! It was totally bizarre."

Afterwards, Joan asked Barbara: "Where have you been all my life?' It was the start of a sparkling association.

Barbara rocketed to prominence in the musical comedy *Fings Ain't Wot They Used to Be* and she appeared on Broadway in Theatre Workshop's *Oh, What a Lovely War!* Her screen career encompassed a BAFTA-nominated lead role in *Sparrers Can't Sing* (1962), nine Carry On films and latterly as Peggy Mitchell in *EastEnders*. However, Barbara was unaware Newham has its own Albert Square, in Stratford, which used to have a Queen Vic pub.

The bubbly actress returned to TRSE with Mayor Sir Robin Wales and Murray Melvin, former Theatre Workshop member and the theatre's honorary archivist. They are backing a campaign to commemorate Littlewood with a magnificent bronze sculpture by internationally acclaimed artist Philip Jackson, who created the Champions sculpture at Upton Park.

The sculpture is based on a famous photograph of Littlewood sitting on a pile of rubble outside Theatre Royal. The photo was taken in the 1970s, at a time when the venue faced the threat of demolition. Subject to securing the necessary funds and planning permission, the sculpture will go in what is now Theatre Square in almost the same spot. It will be unveiled in what would have been the year of Joan's 100th birthday.

To date, the theatre has raised £143,000 – more than 60 per cent of the funds required for the sculpture. Newham Council is supportive of the project and has made funds available.

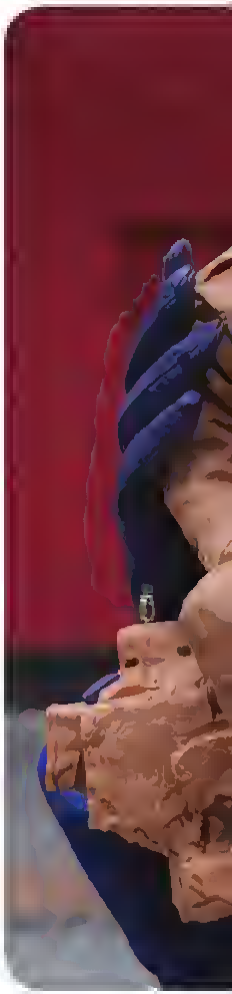
Barbara reveals Sir Robin was the inspiration for the project. When he previously met Barbara, Sir Robin said "You worked for Joan Littlewood, she should have a sculpture."

"That was eight years ago," says Barbara, "and now here we are today."

She continued: "Joan was fantastically inspirational for Newham. When she moved her workshop here she absolutely loved the borough. This was her cup of tea. She felt comfortable in Newham. She was the most amazing person and I feel still very much connected to Stratford and Newham as a result."

Barbara had some generous praise for the Newham Mag. She said: "I know it's a good magazine, which comes up with the goods, and that is the main thing. You are the only magazine I have spoken to. You can have *OK!* and *Hello!* but it's *the Newham Mag* for me!"

Those wishing to support the campaign for a sculpture of Joan Littlewood can do so by making a donation at **www.joanlittlewood.com** or through a collection box at the theatre's Box Office.



Barbara with a model of the proposed sculpture

The [illegible]

[illegible] Robin, centre, [illegible] Barbara and Murray Melvin

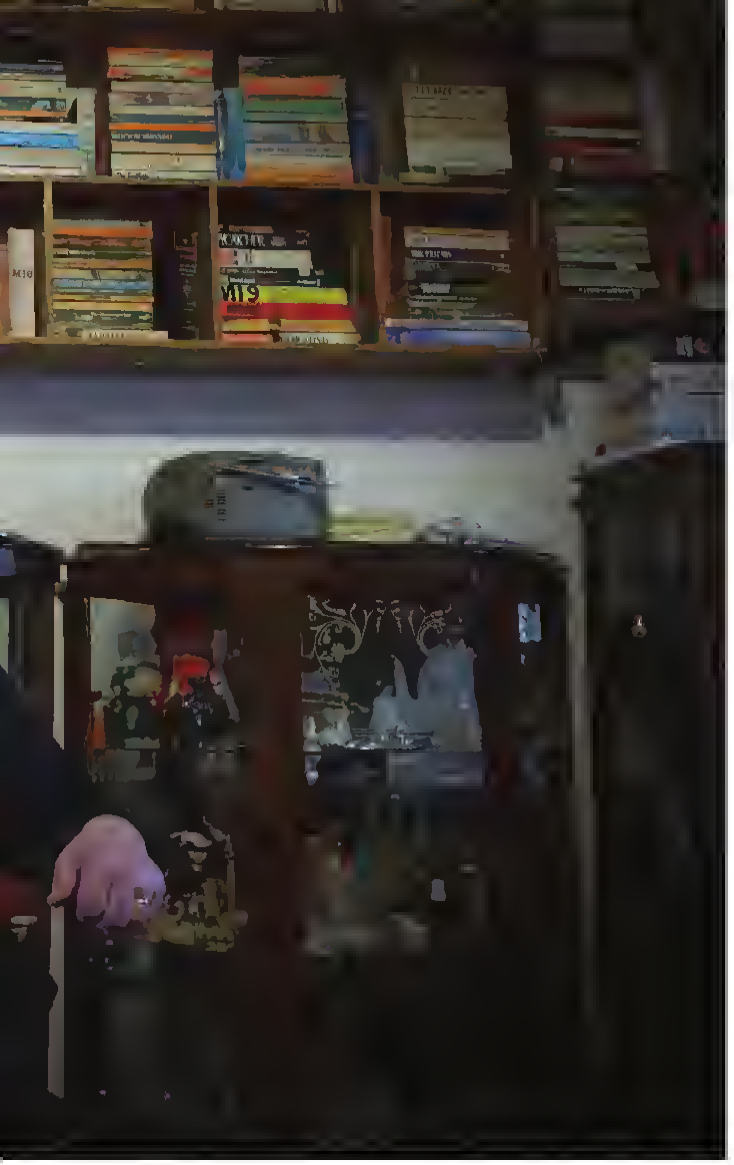
Memoirs of an Asperger Girl

Author Dulcie Hall was born with Asperger's Syndrome, a form of autism that can make it difficult to relate to other people. Dulcie was only diagnosed at the age of 60. The diagnosis was a relief and allowed her to start learning strategies to deal with a condition that she had lived with for her whole life.

Dulcie was born in 1940, before the first paper on Asperger's Syndrome was published. She explained how it affected her: "Asperger's is a form of high functioning autism. I was never diagnosed and my parents never received any help. It is a very difficult thing to live with. Well, I suppose every disability is difficult to live with, but Asperger's presents problems all of its own. My greatest difficulty is relating to other people because I can't pick up hints, body language or non verbal signs. I can't remember names, faces or even places and I've got all these irrational fears."

Dulcie felt that it was important to write about her experiences in her book *Memoirs of an Asperger Girl*, because most books about autism are to do with children, childcare and getting diagnosed. She wanted to write a book about what it's like to be autistic and grown up - getting married, getting and keeping a job.

Dulcie describes her book as a personal story. "The book starts with my rather traumatic birth, then my brother's death and then just a year after that, my aunt who was only 17 died of TB. My



parents just grew to distrust everything to do with doctors. So when people started saying there was something wrong with me, they wouldn't go to the doctor. They'd say 'She's just naughty; a good hiding will sort that out.' I was always being punished, always blamed for something. I grew up without being able to inter-relate to people. It was difficult to get anyone to understand. In the end I couldn't get away from home fast enough."

Dulcie explained how she was targeted by bullies, both at school and in the work place, which made life very difficult for her, and how Asperger's affected her personal relationships, saying: "If I'd known about my mental illness I could have told my first husband about it and maybe things would have been a bit different, but in the end we mutually decided that we would end the marriage."

For most of her life Dulcie did not know that she had the condition. She says: "My brother's little girl was diagnosed at school. Asperger's is hereditary and my brother said to me, 'You know I think you've got it.' But it's not very easy getting diagnosed. The condition winds itself into your personality to such an extent that two people with it can present with completely different symptoms.

> **"Services for every form of disability have improved. We've got groups to help people with autism"**

"My doctor sent me to a psychiatrist and in the end I was diagnosed. There's no treatment, you just have to learn to cope with it. People just used to think that I was bad mannered and horrible, but I always knew that there was something wrong. Once it was all out in the open I felt relief."

Newham Council recently launched a strategy addressing the needs of adults with autism which includes developing a clear pathway for diagnosis.

Dulcie was part of a planning group of residents who helped develop the strategy by sharing their ideas and views.

In the ten years since being diagnosed Dulcie says: "Services for every form of disability have improved. We've got groups to help people with autism. We never had anything like that when I was young. We meet every so often, discuss things and try and help each other."

For information about autism services in Newham email Gerry.Okello@newham.gov.uk or call 020 3373 1275.

Dulcie Hall's book *Memoirs of an Asperger Girl* is available by emailing brucetee_spurs@hotmail.com

Newham London

Let's Get the Party Started

Holding a community event is the perfect way to bring people together and the council could support you with up to £250 funding – in exceptional cases it may be more – through our Let's Get the Party Started grants.

You can organise any type of celebration anywhere in the borough.

To find out more call 020 3373 6019
or visit: www.newham.gov.uk/party

Newham London

Free cycle training
Learn to cycle with skill and confidence

If you want to learn to ride a bike or just improve your skills to feel more confident on the road, then there is a cycle training package to suit you.

Training caters for all, from complete beginners to experienced cyclists

If you do not currently own a bicycle you can normally borrow one from the provider of the training (subject to availability)

If you are interested in receiving free training please email cycle.training@newham.gov.uk or call 020 3031 6730

Merry Christmas and a tidy New Year

Newham Council takes litter very seriously. Littering is a criminal offence and once a month we take to court scores of those who have littered, dumped or made a mess in the borough, but not paid their fixed penalty notices. Last month we took 63 cases to court.

A lot of people got early Christmas presents in the form of hefty fines, here are some of the highlights from the 63 cases: we successfully prosecuted two fly tippers, one got a fine of £400, plus £150 costs and a £40 victim surcharge bringing it to a total of £590, the other was fined £220 plus £150 costs and a £22 victim surcharge, giving a total of £392.

We also prosecuted two people for urinating in the street. They ended up paying £425 each. Most people charged with littering ended up forking out £370.

If you see yourself pictured here, you might want to pay your fixed penalty notice now, because it will be much more expensive for you when we take you to court.

The pictures on this page show people who are responsible for dropping litter and other forms of anti-social behaviour. Please call 020 3373 4479 if you recognise anyone and quote the reference number beside the picture.

Ensuring your anonymity

Newham Council is committed to tackling crime and anti-social behaviour in partnership with the police and other agencies. If you provide information regarding identities

- **you will not be required to provide your name**
- **you will not be required to leave your contact details**
- **you will not have to make a statement.**

Don't put up with rubbish. Don't drop it and if you see it report it.

To get it cleared up report it online at www.newham.gov.uk/MyNewham

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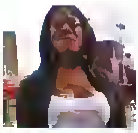

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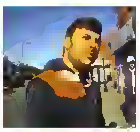

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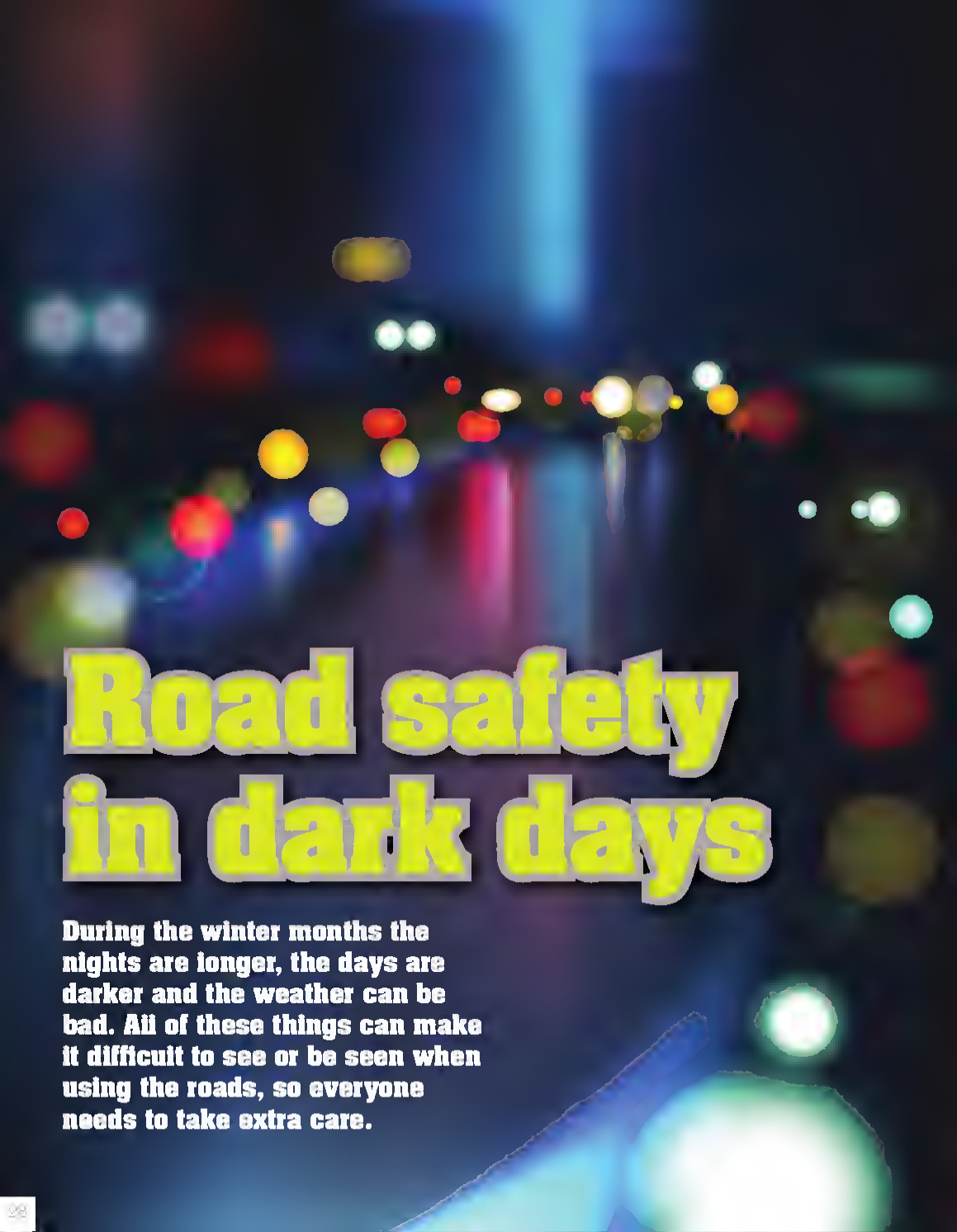
Please call 020 3373 4479 and quote the reference number by the picture.

CAUGHT ON CAMERA



Road safety in dark days

During the winter months the nights are longer, the days are darker and the weather can be bad. All of these things can make it difficult to see or be seen when using the roads, so everyone needs to take extra care.

Whether you are walking, cycling or driving everyone wants to get to their destination as quickly and safely as possible. During the winter months there is an increased risk of injury, so here are some tips to help you get to your destination without incident.

Advice for Cyclists

- Use lights after dark, white at the front and red at the back also a red rear reflector.
- Do not cycle on the pavement unless signs allow you to do so.
- Take a cycle training course – these are available from the council for children and adults.
- Regularly maintain your cycle and make sure it is road worthy.
- If there are advanced stop lines for cyclists in place, wait in front of other drivers at traffic lights.
- Be aware of the driver's blind spot when passing lorries or buses.
- At junctions where lorries and large vehicles are ahead it is safer to stay back.
- Regularly check behind you and use hand signals when turning left or right.
- Wear bright clothing in the day and reflective clothing or accessories at night so other road users can see you.
- Wear a well fitted helmet.
- Your full attention is needed when cycling – don't use headphones or mobile phones
- Take extra care in wet weather as drivers' vision may be reduced.

Advice for Drivers

- Give adequate space to cyclists, particularly when overtaking.
- Don't overtake cyclists immediately before making a left turn.
- Continually check your mirrors for cyclists.
- Don't drive aggressively, particularly around cyclists.
- Always take note of the speed limit and traffic signs, they are there for a purpose.
- Take special care at junctions and at crossing points.
- Don't park in cycle lanes.
- Don't park at junctions as this can block sightlines for drivers, cyclists and pedestrians.
- Check in your mirror for cyclists before opening your car door.
- Don't use mobile phones when driving.
- Take extra care in wet weather as cyclists, pedestrians and other road users are less visible.

Advice for Pedestrians

- Wear bright clothing or reflective materials, particularly when it is dark.
- Always find a safe place to cross the road.
- Always stop, look and listen before crossing the road.
- Never cross on bends or where you cannot see around the corner.
- Do not use headphones or mobile phones when crossing the road.
- Take extra care in wet weather as drivers' vision may be reduced.

Cycling Improvements in Newham

Transport for London has opened a new section of Cycle Superhighway, between Bow and Stratford, with just under two miles of new cycle track, almost entirely physically separated from traffic.

Cycling Training in Newham

Many people are taking up cycling because:

- **It is less expensive compared to the car or public transport**
- **It can cut down on travel times**
- **and it's great exercise, helping to keep you fit.**

Cycles are also a very popular Christmas present, so no doubt, in the new year there will be even more new cyclists on the road.

However, cyclists are vulnerable road users, and should be aware of how to keep safe on the roads.

The tragic death of cyclists on London's roads in recent weeks reminds us all – cyclists, drivers and pedestrians - that we all play a part in safer cycling.

Newham Council offers free cycle training to improve cyclists' skills and confidence on the roads. The training caters for all levels from beginners to experienced cyclists and is available for adults, children and family groups. Since April of this year, almost 600 residents have taken a cycle training session.

For more information on cycle training and a checklist of practical cycle safety advice for cyclists, other road users and pedestrians visit www.newham.gov.uk/safercycling

Lad wins British kickboxing title

Nine-year-old kickboxer Marc Mendoza, from Canning Town, has just won the 140cm to 150cm height division at the MAASIF British Open Championship to become British Champion.

Marc qualified for the finals back in February when he won the Southern Open Championship in May.

In the final of the British Open Marc totally dominated his opponent right from the bell. He knocked his opponent to the floor three times in the first 50 seconds of the fight. Ten seconds after the last knockdown the fight was stopped and all three judges awarded Marc the victory.

Marc Mendoza with his MAASIF trophy

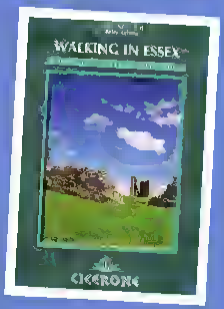
Marc trains at East London Kickboxing Academy situated at Trad TKO Boxing Gym in Canning Town. For further information about East London Kickboxing Academy call Master Don Richards on **07944 873 927.** Sessions are on Mondays, Wednesdays and Fridays 6.30-8pm, or you can like them on Facebook, East London kickboxing Academy (fitness and wellbeing)

Win a guide to local walks

If you indulge too much over Christmas why not get fit and healthy with a bracing walk. Newham Mag has a copy of the new guidebook *Walking in Essex* by local author Peter Aylmer to give away.

Walking in Essex describes 25 day walks across the whole of Essex, including the Essex Way which runs from Manor Park to Harwich. With ancient forests, green lanes, rolling downland and 350 miles of coastline, Essex has more to offer than many walkers realise.

To be in with the chance of winning a copy of *Walking in Essex* answer this question **Who was the first King of Essex?**



a. Æscwine
b Baldric
c Charles

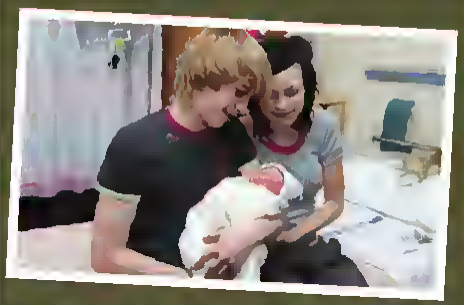
Email your answer, name, address and telephone number to **newham.mag@newham.gov.uk** or send it to The Newham Mag, Newham Dockside, 1000 Dockside Road, London, E16 2QU by Monday 16 December.

Peter Aylmer will be talking at a Newham Bookshop event at Coffee 7 in Forest Gate at 7pm on Wednesday 11 December. Entry is £6, which includes light refreshments.

Santa Claus is coming to town

Dust of your sparkly Santa suit and mistletoe and get down to the Trinity Centre, East Avenue, E12 for the Satish Community Centre Christmas Disq-O for people with learning difficulties and disabilities. You can expect to hear Slade, Wizzard, Bing Crosby and a whole host of classic Christmas songs. Before you know it you too will wish it was Christmas everyday.

The disco takes place from 6.30pm to 9.30pm on Friday 20 December. Tickets must be bought from the Trinity Centre in advance and cost £5 and includes a buffet (carers get in for free, or £2.50 if buffet is required). The evening is for those aged 16 and over. For more information call **020 3200 1074.**



How do you be a mother?

An innovative new support programme called the Family Nurse Partnership has been launched for first time mothers aged under 19. In this programme a specially trained family nurse will visit the young mum regularly, at home, from early in pregnancy until the child is two.

Health in pregnancy, and the quality of the care babies receive during the first years of life, can have a long lasting impact on a child's future health, happiness, relationships and achievement of their aspirations.

For more information on the Family Nurse Partnership call Zoe Vowles, Family Nurse Supervisor, on 020 7059 6710, email **zoe.vowles@eastlondon.nhs.uk** or visit **www.fnp.nhs.uk**

Have a Rocking Roller Christmas

The London Rocking Rollers are holding their jingle bells block - roller derby at Newham Leisure Centre, Prince Regent Lane, E13 on Saturday 14 December.

Roller Derby is one of the fastest growing sports in the country. Audiences love its high energy, raw aggression and spectacular showmanship.

On 14 December London Rocking Rollers face Sweden's Malmö Crime City Rollers in an intense, international double header.

Doors open at 2pm with the bouts at 2.15pm and 6.30pm. Tickets cost £13 in advance, but the Rocking Rollers are offering Newham residents an exclusive offer of ten per cent off the ticket price (+ fees) just quote 'NewhamRocks' when you buy tickets from **www.LondonRockinRollers.co.uk**

Make your own films

Have you ever thought that you could be the next Hitchcock, Tarantino or Satyajit Ray? Well, you too could sit in the director's chair and shout "Action!" Green Street Community Forum's running a ten-week course in film making and editing.

The course covers everything you need to know including pre-production, production and post-production. It includes planning, shooting and editing a short film. And who knows, if your film is good enough it could be entered into national film competitions.

The course starts on Monday 13 January 2014 and runs on Mondays 12.30-2.30pm or Thursdays 6-8pm. It costs £60 (or just £10 concs). For more information or to enrol visit the West Ham United Inspire Learning Centre at The Boleyn Ground, London, E13, or call **020 8586 8063.**

Kids' Corner

PLEASE SEND YOUR DRAWINGS, JOKES AND POEMS TO:
KIDS' CORNER, WEST WING
4TH FLOOR, NEWHAM DOCKSIDE
1000 DOCKSIDE ROAD, LONDON E16 2QU
OR EMAIL THEM TO
newham.mag@newham.gov.uk

Don't forget to write your name, age, address and daytime contact telephone number on the back of your entry. We cannot return any entries.

GALLERY

Hasnaa Thasleem, 11

Thaniveesan Sulhumar Thanush, 8

Stefans

Sabiha Shahed, 7

Win free membership at Stratford Picturehouse

This issue's winner receives free annual family membership at Stratford Picturehouse, which includes free tickets and discounts on films.

To be in with a chance of winning this or another great prize send your pictures, jokes and poems to **Kids' Corner, West Wing, Fourth Floor, Newham Dockside, 1000 Dockside Road, London E16 2QU** Don't forget to write your full name, age address and daytime contact telephone number on the back of your entry **Good luck!** Visit www.picturehouses.co.uk to see what's on

Colour-me-in Wordsearch

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Camping	Hoody	Pleasure
Canvas	Logs	Smoke
Fire	Marshmallow	Taste
Fork	Outdoors	Tents

Poem

I am the moon I can shine
brighter than a diamond
Sometimes I can be a bit too
proud of myself
But you can't blame me I'm
divine but yet soooo lonely
Suddenly I feel pain like I've
never felt before
I feel something being pushed
into me
I think it's what humane call
e flag
I hope I'm famous down on earth

The Moon's Pain
Aleena Robinson, 10

WHAT'S ON? 6 – 20 DEC

FIVE PAGES OF ACTIVITIES MOSTLY FREE, ALL FUN

OUR THRILLING THREE...

1. **Pantomime horse race** – Ascot it ain't but at noon on Saturday 21 December a pantomime horse race is being held at Woodgrange Market, Sebert Road.

2. **Christmas Market** – Free festive music and street entertainers will be at Stratford's Christmas Market on The Grove, E15, Saturday 14, Sunday 15, Saturday 21 and Sunday 22 December. Plus a free Santa's Grotto on Saturday 21 and Sunday 22 December.

3. **Free swimming for families dealing with autism** – Wednesdays, 4-5pm, Balaam Leisure Centre. Call 020 7476 5274.

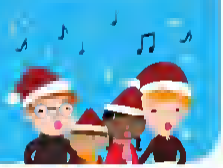
MENTION THE MAG...

Do you think that you can sing in tune? Then why not have a go at singing in a choir? Forest Voices choir is open to anyone who enjoys singing and throughout December, if you mention the Newham Mag, you can get your first session free.

Forest Voices sing a wide range of music, and members can suggest new songs to try. They regularly perform in public and at Christmas go carol singing round local hostelries to raise money for charity, but the main purpose is the joy.

They meet at Forest Gate School every Thursday in term time from 7.15 to 8.45pm. Sessions cost £5. There are no auditions, just have a go.

For further information contact **annebrook@live.co.uk**



TRY SOMETHING NEW... JINGLE BELL ROCKSTEP

Put on your glad-rags and join the fun for five hours of swing dance and fashion shenanigans. On Sunday 15 December Shenair Swing Dance Wear are holding their Jingle bell rockstep at Red Door Studios. There will be Music, all day swing dancing, free mulled wine, free mince pies, free entry into the raffle and a showcase of Shenair Swing Dance Wear clothing (with garments and accessories available for purchase all day). Refreshments will be available for purchase all day and much, much more. Entry to this fun packed day is just £7 on the door. Dress up or dress down, just make sure you are there.

Red Door Studios is on Masterman Road, at the rear of 120 High Street South, East Ham, E6. For more information email **reddoorstudios@ymail.com,** call **07515 378 548** or visit **www.reddoorstudios.co.uk**

Indicates free sessions

ARTS AND ENTERTAINMENT

Comedy Night
Mon, 8pm. Theatre Royal, Gerry Raffles Sq, E15. Visit www.stratfordeast.com/comedy_night

COMMUNITY LEARNING

Knit & Natter
Adult group. Fri, 10am-12noon, Canning Town
Wed, 10am-12noon, Beckton

UNDER-FIVES LIBRARY ACTIVITIES

Interactive Storytelling
Fri, 10-11.30am, East Ham

Toy Library
Tues, 10am-12noon, East Ham

Storytelling
Mon, 10.30-11.15am, Custom House
Mon, 11am-12noon, Beckton Globe, Stratford
Tues, 10.30-11.30am, Custom House
Tues, 11am-12noon, The Gate, Stratford
Thurs, 2-3pm, North Woolwich, Plaistow
Fri, 11am-12noon, Green St, Manor Park, Stratford

Homework Club
Term time only. Mon, 4-6pm, Stratford, East Ham, North Woolwich
Wed, 3.30-5.30pm, Green St, Manor Park
Thurs, 4-6pm, Custom House, Forest Gate, Plaistow
Fri, 3.30-5.30pm, Beckton, Canning Town

OTHER LIBRARY ACTIVITIES

Adult reading group
Mon 9 Dec, 6.30pm, Stratford

This month ***Snow White Must Die*** *by Nele Neuhaus*

Over-50s Club
Thurs 10am 12noon
Beckton Globe

Chess Club
Thurs, 5.30-7.30pm, Stratford

Employability Skills
ESOL class with a focus on creating a CV and communication skills for work.
Mon 12.30-2.30pm The Gate

Skills Rethink Family Arts Club (3-12yrs)
Sat, 12noon-2pm, The Gate

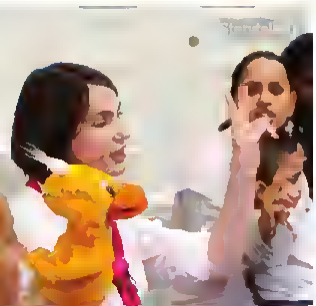
ESOL Class
Tues 9.30-11.30am The Gate
English classes women only

Writing Group
Last Thurs each month, 5.45-7.30pm The Gate

EXTRA ACTIVITIES

Hub Art Classes
8-11yrs Tues 4.30-6pm
7-12 yrs, Thurs 4-6pm
Adults Thurs 2-4pm
The Hub, Call 020 7473 5249

Royal Docks Learning & Activity Centre
Mon *Employment Support sessions, by appointment only*
Tues *Healthy Cooking Group 10am-12noon £1*
Parent and Toddler group, free, 10am-12noon
Over 50s computer classes, 11am-1pm £1
Weds *Coffee Morning 9.30-11am*
Keep fit class 10-11am, £1
Learn to Earn – Employment Support Drop in, 1-2pm
Sewing Classes, 10am-12noon, £1



English support for Work 12noon-1pm
Shop and drop (60+) 10-15am
Thurs *Tai Chi, £2, first session free, 10.30am-12noon*
Learn to Earn, 11.30am-1pm
Royal Docks Learning & Activity Centre, Albert Rd E16
Call 020 7476 9922

Table Top Sale
Sell your goods £5 a table
Last Sat of every month 9am-2pm Jack Cornwell Community Centre Call 020 8553 3459

Turn up and trade
Free pitches for traders. Every Sat, 9am-4pm, Rathbone Market, Barking Rd, E16 Email galina.doneva@newham.gov.uk or call 07790 945 985

Grama Classes (8-11yrs)
£3 if you book five classes
Every Tuesday 4.30-6pm The Hub Call 020 7474 6376

Grama Workshops (3-5 yrs)
Weds, 10-11am, £3
Grassroots, Memorial Park, E15 Call 020 7474 6376

Music Therapy
Term time sessions to help develop interaction with children
Thurs 3-4pm, Shrewsbury Children's Centre, Manor Park
Call 20 3373 6050
Fri 2.15-3.15pm or 3.45-4.45pm, Susan Lawrence Children's Centre Manor Park
Call 020 3373 7227
wwwnewham-music otg uk

BOXING AND SELF DEFENCE

Boxing
Mon, Wed Fri 5-6pm
West Ham Boys ABC 9+yrs
The Black Lion, 59-61 High St, E13 Call 020 8472 3614
Mon, Wed 6-8pm
Peacock ABC, 8+yrs,
Caxton St North E16
Call 020 7511 3799
Mon, Wed Fri, 6-7.45pm
Newham Boys ABC
6+yrs Old Bath House
141 Church St E15
Call 020 8519 5983
Fight For Peace 11+
Woodman St, North Woolwich, E16 Call 020 7474 0054

Omnibus Kids Gloves
Adults and kids
Tues, 6-10pm
Thurs, 8pm-12am
Sat and Sun, 11am-4pm
Trad TKO Boxing Gym Gillian House Stephenson St, E16
Call 020 7474 3199

Punch Out (16+yrs)
Tues, 5-6pm Katherine Rd Community Centre, 254 Katherine Rd E7 Email getactive@newham.gov.uk

Shoujin Karate
Fri, 6-7pm and 7-8.30pm
Sun 10-11am Under-15s £4, 18+yrs £6, concs £5
Wed (during term time only) 4.30-5.30pm
Newham Shoujin Karate Club, Newham Leisure Centre
Call 07508 070 638

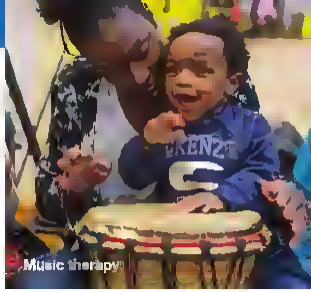
Docklands Karate Club
First session free Mon 6.20-8.20pm under 15s £4 16+ £6, concs £5 UEL Sports Dock. Call 07766 685 869

Tang Soo Do (5+ yrs)
Sat, 1-2.30pm, 7.30-8.30pm
The Hub, E16 £5 – family discount available
Call 07725 948 426 or email ace_rosilio@hotmail.com

Hop, Skip and Punch (18+yrs)
Tues, 4-5pm Katherine Rd Community Centre, 254 Katherine Rd E7
Call 020 8548 9825

Gurumu Taekwondo
Mon and Wed children 6-7.30pm, juniors and adults 7.30-9.30pm Monega Primary School Hallley Rd, E12
Call 07931 709 140

JFI Karate (5+ yrs)
For children and teens
Mon 5-6.30pm Wed 5-6.30pm The Hartley Centre



Call 07818 000 643

Kickboxing
Mon, Wed and Fri, 6.30-8.30pm Trad TKO Boxing Gym, Stephenson St, E16. Call 07944 873 927 or email eastlondonkickboxing@gmail.com

HEALTH AND FITNESS

Bootcamps
Boxercise Bootcamp parent and child (7-12yrs) Tues 6-7pm child is free
Indoor/outdoor
Britannia Village Hall
65 Evelyn Rd E16
90 Day Boot Camp Challenge
Outdoor
Mon and Thurs, 7.15-8am, Tues and Thurs, 7pm, Central Park, High St South, E6
Teens Boot Camp (13+yrs), Weds 5.30-6.30pm
Thames Barrier Park
Barrier Point, E16 Email info@5starphysique.co.uk or call 07904 625 402

Bootcamp (men only)
Thursdays, 7.30-9pm, £5
Langdon School Sports Centre, Sussex Rd, E6
Call 07818 000 643

Zumba classes
Thurs 7.30-8.30pm London Tamil Sangam, 369 High St North E12 £5 Wed 7-8pm Hathaway Community Centre, Hathaway Cres, E12
Call 07720 805 505

Yoga
Tues 6.10-7.10pm, Fri, 10.30-11.30am, £5.50 (£3.50 concs) The Hub

Weds, 6.45-7.45pm
The Unitarian Church
West Ham Ln E15
Call 07956 808 007 or visit
www.yocoma.co.uk

Gate 7 Yoga
Mon 7pm £5 Women only yoga Maryland Studioz 86 Leytonstone Rd E15
Tues, 7pm, beginners yoga, £5 8pm, Ashtanga yoga, £5 Forest Gate Methodist Church, Woodgrange Rd, E7
Thurs, 10am £1.50 Ladies only keep fit and yoga, Rokeby Hub, Rokeby St E15
Thurs, 6.30pm £5, Play Sow and Grow, 6 Gay Rd E15
Call 07950 944 095 or email gate7yoga@gmail.com

Twisted Pink
Street Dance (7-14yrs), Thurs, 5.30-6.30pm Singing, Thurs 6.45-7.45pm Street Dance (15+ yrs), Fri, 6-7pm All sessions £3 Wesley House Herbert Rd E12
Call 07534 513 307, visit www.twistedpink.org.uk or email twistedpink26@aol.com

Zumba
Mon and Thurs 6.30-7.30pm £5 Plaistow Community Centre 63 Queens Rd West, E13 Call 07916 327 541

Zumba fitness with Jess
Weds, 7.15-8pm, £3.50 Vicarage Lane Community Centre, Govier Cl, E15
Call 07759 020 955

Zumba Circuits
Sat, 9.30-10.30am, £4, Community Resource Centre, 200 Chargeable Ln, E13. Call 07939 179 587.

Unity Zumba
Mon and Thurs, 8-9pm, Hartley Centre 267 Barking Rd E6
Tues, 8-9pm and Thurs 8.15-9.15pm, St Mark's Community Centre, 218 Tollgate Rd, E6
Sun 6.30-7.30pm Well Community Centre, 49 Vicarage Ln E6 £5 per person
Call 07886 884 573
or email unityzumba@ufdance.co.uk

TENNIS

Indoor Tennis, Thurs £3 10-16yrs – 5.30pm, 16+yrs – 6.30pm The Hub, Newham Leisure Centre Call 020 3373 9000

50+ ACTIVITIES

Newham LGBT Dinner Club
First Thurs of every month 6.9pm Free but you pay for your own dinner Theatre Royal Stratford East Bar E15
Call 020 7239 0447

Newham Striders
Daily walking group
Call 0844 414 2728

Ballroom Dancing
Mon 10am-12noon St Paul's Church Centre Burges Rd E6
£2.50 per session
Call 07761 209 463

Gemini Square Dance Club
Mon 8-10.30pm, Chandos Community Centre, Colegrave Rd E15 £4 including tea and biscuits Call 020 8529 1602 or email mbro22@hotmail.com

Nordic Walking
Wed, 9.30am Meet at Lord Lister Health Centre, Forest Gate, not suitable for wheelchairs, £2
Call 07783 660 429
Fri 6.30-8pm Meet at Newham Leisure Centre
Sun, 10-11.30am, Meet at East Ham Leisure Centre

GREEN

Garden Club
Tues 1-3pm Thurs 4-7pm Sat 10am-4pm, Abbey Gdns Bakers Row E15

Gardening Thymes
Gardening Club
Fri, 11am-1pm, Bowling Green, Central Park, High St South, E6

DOORSTEP CLUBS

Gym & Basketball (14+yrs)
Tues, 6-10pm £2, Rokeby School, Barking Rd E16

Stunt & Tumble (14+yrs)
Thurs, 7.30-9pm £5
Talent Cheer & Dance Gallions Reach Armada Way E6
Call 07866 612 610

FEMALE SPORTS

Call 0844 414 2728 unless otherwise stated

Dare2Dance (12-16yrs)
Street dance, Fri, 3.30-5.30pm, Newham Leisure Centre.

Girls Spinning Sessions (11-15 yrs)
Tues and Thurs 5-5.30pm Newham Leisure Centre

Female Only Gym Sessions
Tues and Thurs, 3.30-5pm 11-15yrs Mon 3-4pm 16-25yrs Newham Leisure Centre.

Female Boxfit Classes (14+yrs)
Mon 4.15-5.15pm Balaam Leisure Centre Call 07970 783 526

Girls Football (11-16yrs)
Tues, 3.30-5.30pm, Newham Leisure Centre

Shelle's Yummy Mummy Buggy (16+yrs)
£5 Mon 10-11.30am, Central Park High St South E6 (meet outside cafe in the park)
Fri, 10-11.30am Plashet Park, Plashet Grv, E6
Call 07908 614 958 or email spoleon@aol.com

Jenice's Fitness (16+yrs)
Tues and Thurs 9.30-10.30am Soca and Zumba, £5
St George and St Ethelbert Church Hall, Burford Rd E6
Email info@jfikarate.co.uk or call 07818 000 643

Zumbe, Soce and Selsa Fusion
Mon, 6.45-7.45pm £5
The Hartley Centre
Call 07818 000 643

Sonie's Circuits (16+yrs)
Tues and Fri, 10-11am, £4
Ridley Christian Centre, 94 Upton Ln E7
Call 07763 230 106

Body Blast (16+yrs)
Tues 6.30-7.15pm £5
Weds 12.30-1.15pm £5,
Thurs, 12.30-1.15pm, £5,
Fri (miniblast), 6.30pm-7pm £2.50 Fitness membership £30 (entitles you to come to all classes for whole month) Talent Central Unit 27a 3 Armada Way, Gallions Reach Shopping Park E6 Call 07866 612 610

Abs Blast (11-15yrs)
Thurs, 5.30-6pm,
£3.10, Newham Leisure Centre

Women United AFC (11+yrs)
Mon (term time only) 6-7.15pm £1, Kingsford School, E6
Call 07792 932 979

Just Play (16+yrs)
Wed 6.30-8pm, multi-sport session (term time only) NewVic Call 0844 414 2728

Just Play (14-16yrs)
Wed 6.30-8pm, multi-sports (term time only) NewVic
Call 0844 414 2728

Get Back into Netball
Tues, 6-7.30pm, juniors 7.30-9pm, seniors, £2 Lister Community School, St Mary's

Rd, E13. Call 07717 281 529

Women's Badminton
Fri 1-2.30pm, East Ham Leisure Centre. £2, equipment provided. Call 07930 162 505

Keep Fit – Stay Fit
Sat, 10-11am. £3.50. Jack Cornwell Community Centre. Call 07795 064 116

Bodyshape Fitness
Zumba for women. Thurs 7.8pm. £4. Durning Hall Community Centre, Earlham Grv, E7. Call 07939 179 587

SPORTS AND PHYSICAL ACTIVITIES FOR DISABLED PEOPLE

Family Swims for Disabled Children and Adults
Sat, 4.30-5.30pm. Newham Otters Swimming Club, Newham Leisure Centre. Call 07931 788 739
Sun, 12.30-2pm, Family Swim, Balaam Leisure Centre, £5. Call 020 7476 5274

Swim for Families dealing with Autism
Wed, 4.5pm. Balaam Leisure Centre. Call 020 7476 5274

Get Fit for Free
Tues, 1.30-3.30pm and Fri, 10am-12noon. Free gym use for people with learning disabilities. Newham Leisure Centre. To book an induction call 020 7511 4477

Disabled Athletics (6-16yrs)
Tues, 4.15-6.15pm, Brampton Manor, Roman Rd, E6
Thurs, 4.30-5.55pm, St Angela's Ursuline School, 1 St George's Rd, E7
Email cnoumce@englandathletics.org

Ability Club (11-25yrs)
Multisports for disabled young people. Weds 5.30-6.30pm and Fri, 4.45-6pm. NewVic

Trampolining Sessions (U19s)
Tues, 4.30-5.30pm, U19yrs. Newham Leisure Centre. Call 020 7511 4477

Mixed Swimming Sessions for Adults and Children
Wed, 10am-12noon. East Ham Leisure Centre. Call 020 8548 5850

Sensory Play
For children under 5 with special needs, speech and language delay or physical disabilities. Term time only. Fri, 10-11.30am, Oliver Thomas Children's Centre, Mathews Ave, E6. Email kathy.holdsworth@oliverthomas.newham.sch.uk. Call 020 8821 0997

RUNNING

East End Road Runners
Tues and Thurs, 7pm. Sun, 9am, meet on the track, coached sessions for all abilities. Newham Leisure Centre. Call 07979 261 647

Run England
All sessions are £2 unless stated.
Sun, 10am-12noon, Newham Leisure Centre, (meet on track)
Mon, 4.5.30pm, Newham Leisure Centre (meet on track)
5.45-6.45pm, Newham Dockside, E16 (meet at reception)
Tues, 6.7pm, Newham Leisure Centre (meet on track)
Weds, 12noon-1pm, Newham Dockside, E16 (meet at reception)
Thurs, free, 5.15-6.15pm, UEL Docklands Campus, E16 (meet at reception)
Sat, 10-11.30am, East Ham Central Park, E6 (meet at the cafe)
10-11.30am, Wanstead Flats, E12 (meet at Harrow Rd Changing Pavilion)
10-11.30am, Memorial Park, E15, £4 (meet at car park)
Call 07718 394 874

Beckton Park Run
Sat, 9am. Beckton Park South, E16. Call 07718 394 756. www.parkrun.org/beckton

SPORTS

BMX
Sun, 10am-12noon, 6-16yrs, £3/£2 members/£10 annual membership. Gooseley Playing Fields, St Albans Ave, E6. Call 07961 333 615 or email paul.farthing@activenewham.org.uk

Indoor Rounders (14+yrs)
Weds, 7-8pm, £1. UEL SportsDock, E16. Call 020 3373 9000 or email paul.farthing@activenewham.org.uk

Indoor Cricket (8-16yrs)
Weds, 6-8pm, £2, Lister Community School, St Mary's Rd, E13. email paul.farthing@activenewham.org.uk

Swimming (5-16yrs)
Newham Young Britons ASC. Sat, 6.15-7pm, £2. Newham Leisure Centre. Call 07956 304 518

Woodside Badminton Club
Fri, 7.30-9.30pm, intermediate and club standard, £5 waged/£3 unwaged, Carpenters Docklands Centre, 98 Gibbins Rd, E15. Call 07958 761 676

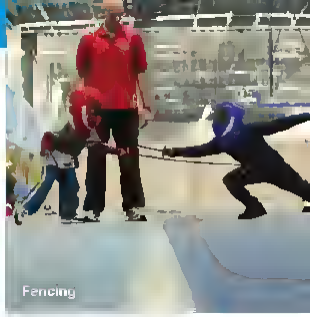
Newham Swords (4-7yrs)
Tues, 6.9pm. Thurs, 6.9pm. Fri, 7.10pm. Classes for adults (18+) and mini pirates (4-7yrs) also available. UEL SportsDock. Call 07956 618 898

Table Tennis
Thurs, 6.30-9pm. Beginner and intermediate adults. Stratford School, Upton Ln, E15. Call 07976 577 716 or email ginny.harris10@btinternet.com

Badminten
Thurs, 7-9pm (term time only). £5 for a court and bring a racquet. Little Ilford School, Browning Rd, E12. Email morgan_phil@hotmail.com or call 07944 117 263

FOOTBALL

Mayor's Football League
U10yrs, U12yrs, Mon, 4.30-6pm, U16yrs, U18s, 6-7pm. Newham Leisure Centre



activeNewham Premier League (16+yrs)
6-a-side (4 subs). Weds, 7-10pm. Newham Leisure Centre. Visit www.activenewham.org.uk

WHU Kickz
Football. Mon, Tues, Fri, 12-15yrs, 4.5.30pm, 16-19yrs, 5.30-7pm. Girls, Mon, 4-7pm. The Hub
Football/Gym Session Thursday, 6-7pm. Little Ilford Learning Zone, 1 Rectory Rd, E12
Football. Thurs, 5-6pm, Stratford MUGA
Football/Athletics. Sat, 10.30am-12noon. Newham Leisure Centre

Football & Multi Sports
Mon, 5.30-7pm, 8-19yrs. Weds, 5-7pm, 8-19yrs. Stratford Park MUGA, West Ham Ln, E15

5-a-side Football
Weds, 5.6.30pm, 8-19yrs. Fords Park, Fords Park Rd, E16
Thurs, 5.30-7pm, 8-19yrs, Royal Victoria Gardens, Pier Rd, E6
First Sat of the month, 10am-1pm, U12s, U14s, U16yrs, Plashet Park, Plashet Grv, E6

Football & Multi-Sports (8-19yrs)
Sat, 2-3.30pm, 8-19yrs, Winsor Park Estate, Winsor School MUGA, East Ham Manor Way, E6

AIR Football (16+yrs)
Tues, 1-3pm and Fri, 10am-12noon. Memorial Park, Memorial Ave, E15
Fri, 3-5pm. Beckton Powerleague, E6
Visit www.airfootball.co.uk

Ascension Football Academy
£3 School years Reception to 11yrs, Sat, 10 11 30am
King George V Park,
King George Ave E16
Call 07806 584 925

Men's Health Football Fitness Sessions
Sat, 10-11am, West Ham United Community Training Facility
60a Albatross Cls E6
Call 020 7473 7724

BASKETBALL

Youngbloods Basketball
All sessions cost £1
U12s mixed Sat, 1 3pm
East Ham Leisure Centre
U13/14s, boys, Mon, 6-8pm, St Angela's School, E7
Tues, 5 30-7 30pm
Newham Leisure Centre
U14s girls, Mon, 4 30-6pm, St Angela s School, E7
Tues 5 30-7 30pm
Newham Leisure Centre
U15/16s, boys, Tues, 6-8pm, East Ham Leisure Centre
Fri 6-8pm, St Angela's School, E7
U17/18s boys Tues 8 9 45pm
East Ham Leisure Centre
Thurs 7 9pm St Bonaventure s School E7 Fri 6-8pm St Angela's School E7 Call 07958 307 657

Newham All Star Sports Academy (NASSA)
Sessions are £1 unless indicated otherwise
Weds 4 20 6pm U13 14
6 8pm, U16 18
8 10pm Senior Men
Thurs, 4 20-6pm U13-14
6 8pm U16 18
8-10pm, Senior Women, £2
Fri, 4 20 6pm, U13 14
6-8pm U16 18
8 10pm Senior Men Run £2
Sat, 10 20am 12 20pm, junior boys and girls 8 14, £2
All sessions take place at UEL, Docklands Campus Call 07703 503 995 or 07712 176 301
Visit www nassasports org uk

National League
Mon, 6 8pm, U13/14s, Rokeby School
Barking Rd E16
Tues 6 8pm U15/16s
Rokeby School
Barking Rd E16
Thurs 4 30 6pm, U13/14s boys, U14s girls, Newham Leisure Centre, Prince Regent Ln, E13
6-8pm, U16s, Newham Leisure Centre, 6 8pm, U18s Cumberland School, Oban Cls E13

Gifted and Talented
Fri 4 15 5 30pm
Cumberland School
Oban Cls, E13

Senior Programme
Mon 7 30 9 30pm
Division 2 Women and Division 3/4 Men Rokeby School, Canning Town E16
Call 07947 401 616

3v3 Basketball League
Thurs, 5-7pm, 8-19s, Forest Gate Youth Centre, Woodford Rd, E7
Fri, 7 8pm 8 19s, Little Ilford Youth Zone Rectory Rd E12

3v3 Basketball Competition
2nd Sat of the month, 10am 1pm, U12s/U14s/U16s, Little Ilford Youth Club, Rectory Rd, E12

Basketball & Multi Sports
Fri 5 6 30pm 8-19s, Snowshill MUGA Snowshill Ro E12

COMMITTEE MEETINGS

All meetings take place at Newham Town Hall, Barking Rd, E6, unless specified

Mon 9 Dec, 8pm, Council Council Chamber Newham Town Hall East Ham E6 2RP
Tues 10 Dec, 3pm, Newham Partnership – Employment and Enterprise Conference Room Old Town Hall, Stratford, E15
7pm, Children and Young People Scrutiny Commission Committee Room 1 Newham Town Hall East Ham, E6
7pm, Strategic Development Committee, Council Chamber, Old Town Stratford, E15
7pm, Health and Social Care Scrutiny Committee, Committee Room 1
Thurs 12 Dec, 5pm, Cabinet, Council Chamber, Newham Town Hall, East Ham, E6
5.05pm, Mayoral Proceedings Council Chamber Newham Town Hall East Ham E6
7pm, Investment and Accounts Committee, Committee Room 2, Newham Town Hall East Ham, E6
Tues 17 Dec, 7pm, Crime and Disorder Scrutiny Commission Committee Room 2 Newham Town Hall, East Ham E6

Visit **www.newham.gov.uk/committee** for updates

CONTACT THE MAYOR

There are no face to face or telephone surgeries in December
Residents can still submit their queries to the Mayor by email to mayor@newham gov.uk or by writing to Mayor Sir Robin Wales, Newham Dockside, 1000 Dockside Road, London E16 2QU

LIBRARY CONTACTS

Beckton Globe
1 Kingsford Wy, E6
Canning Town Barking Rd, E16
Custom House
Prince Regent Ln, E16
East Ham High St South, E6
Green Street 337 341 Green St
The Gate 6 8 Woodgrange Rd, Forest Gate, E7
Manor Park
685 691 Romford Rd, E12
North Woolwich
5 Pier Parade E16
Plaistow North Street, E13
Stratford 3 The Grove, E15
Archives and Local Studies (limited postal and email service only) call 020 3373 6881 email: archiveslocalstudies@newham gov uk
Community Outreach Services To find out more call 020 3373 0813

CENTRE CONTACTS

Balaam Leisure Centre
Balaam St, E13
East Ham Leisure Centre
324 Barking Rd E6
The Hartley Centre
267 Barking Rd, E6
The Hub 123 Star Ln E16
Jack Comwell Community Centre Jack Comwell St E12
Newham Leisure Centre
281 Prince Regent Ln E13
NewVic Prince Regent Ln, E13
UEL Sports Dock Docklands Campus, University Way, E16

All listings may be subject to change, please contact individual events and activities before attending.

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Newham London

Attention parents!

Free early education for two-year-olds

Your child may be entitled to up to 15 hours of free early education per week, starting the term after their second birthday, if you receive one of the following:

- Income Support
- Income based Jobseeker's Allowance
- Income related Employment and Support Allowance
- support under part VI of the Immigration and Asylum Act 1999
- the guarantee element of the State Pension Credit
- Child Tax Credit, provided you are not entitled to Working Tax Credit and have an annual income (as assessed by HM Revenue and Customs) that does not exceed £16,190
- Universal Credit

Children are also eligible if they:

- are looked after by the council
- have a child protection plan.

You will need to provide your name, your date of birth and your National Insurance number.

Find out NOW if you are eligible by contacting the Early Intervention Central Team on **020 3373 0980** or email **twoyearold.childcare@newham.gov.uk**

Please note: you are not eligible if your household is in receipt of Working Tax Credit

Newham London

are you my forever family?

Adoption,
what would you say?

Don't just think about it, call us free on

0800 013 0393

www.newham.gov.uk/adoption